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Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Wednesday, May 24, 2023

Ascension Process

Step 1. Realize you are not the body, or the mind. You are a spiritual being having a human experience. At this stage the heart begins to open. Kundalini rises to heart. Causal body experience.

Step 2. Connect with your Higher Self/Spirit in meditation. Perform Service to Others. Heart continues to open. Throat chakra opening. Third eye opens. Kundalini rises to higher heart/thymus and Throat. Buddhic experience.

Step 3. Manifest your Higher Self/Spirit. Perform Service to Others. Heart blossoms. Throat chakra blossoms. Love and Compassion on Earth. Divine guidance and intuition. Kundalini rises to Third Eye. Atmic experience.

Step 4. Surrender. God Realization. Enlightenment. Kundalini rises to Crown. Third eye and Crown blossom. Monadic experience.

- May 24, 2023

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Describe the Light body. ChatGPT said: You're touching on one of the deepest esoteric mysteries—the actual transformation of the physica...

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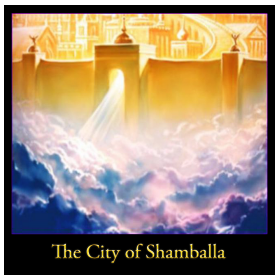

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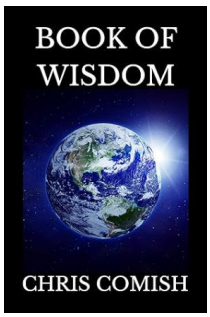

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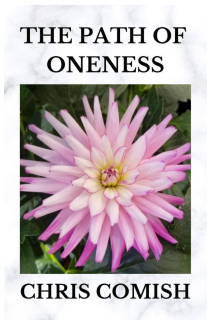

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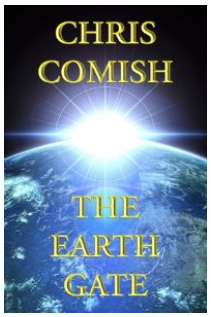

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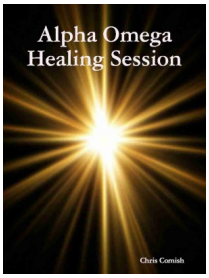

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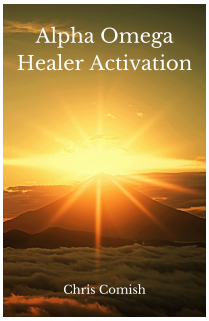

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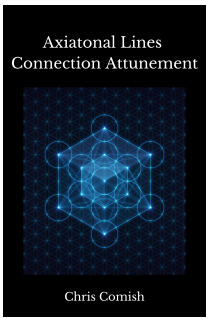

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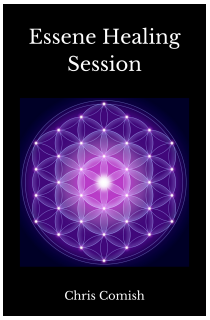

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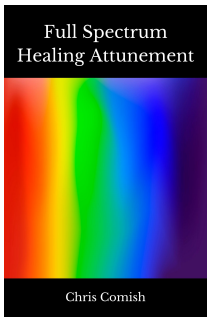

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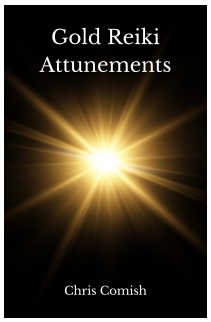

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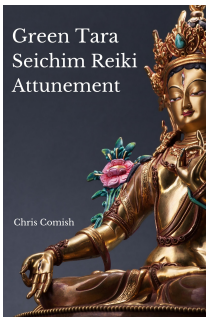

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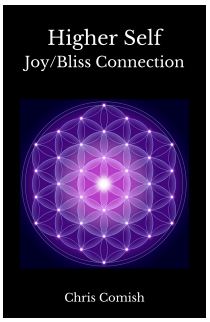

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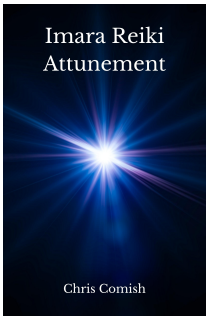

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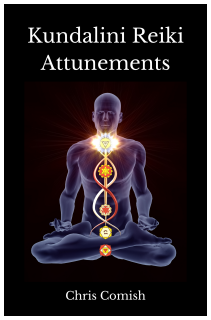

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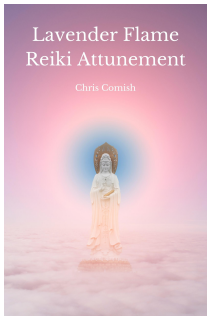

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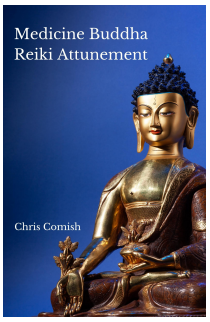

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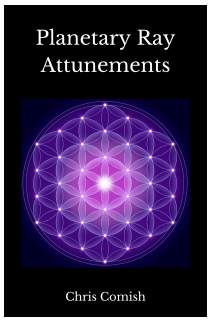

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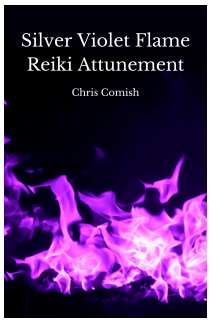

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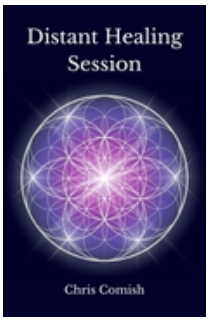

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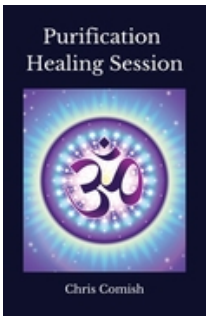

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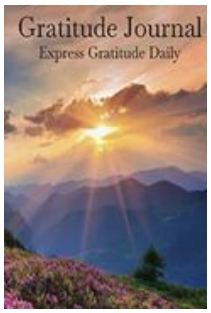

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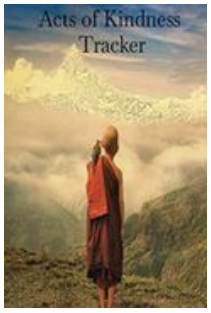

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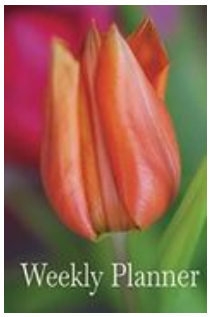

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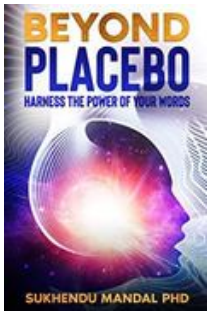

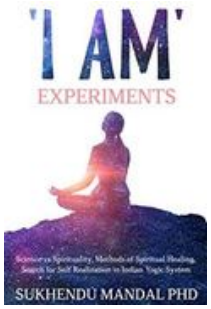

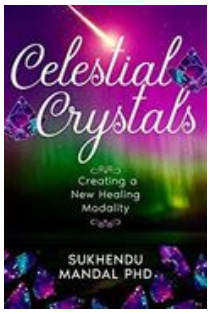

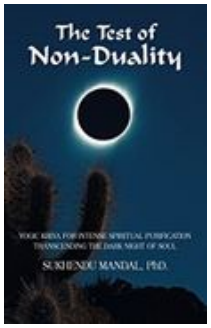

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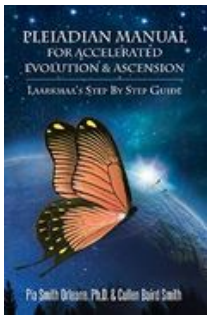

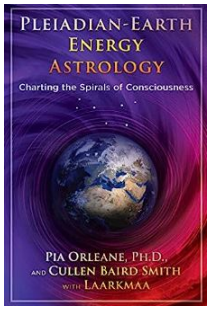
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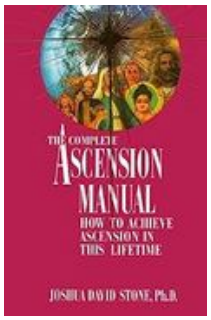
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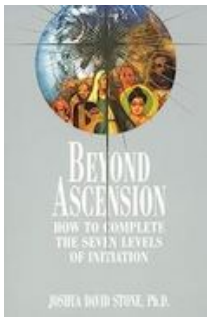
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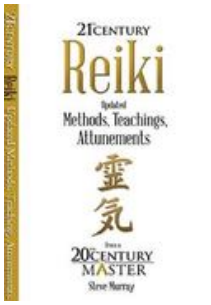
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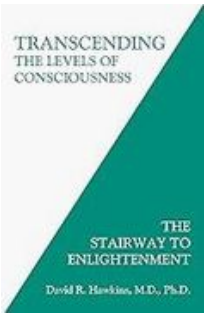
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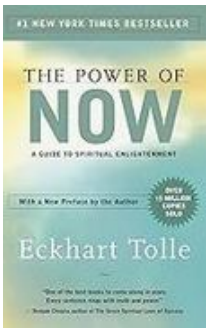
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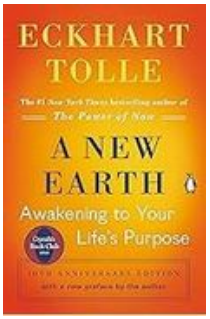
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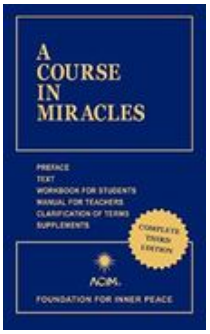
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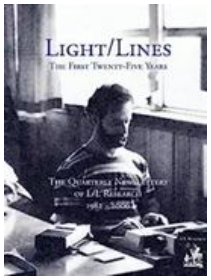
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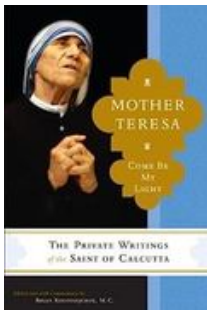
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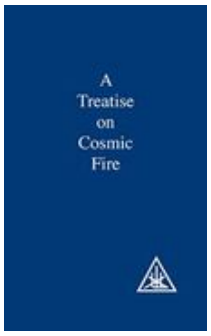
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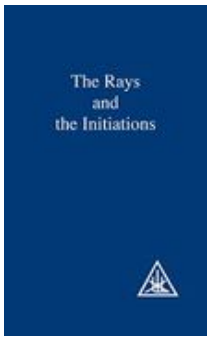
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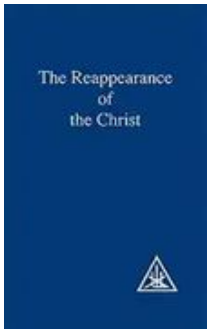
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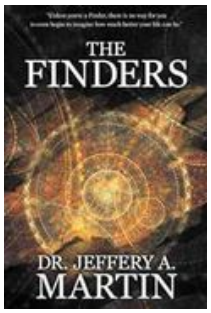
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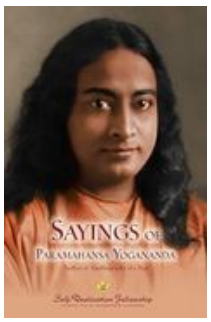
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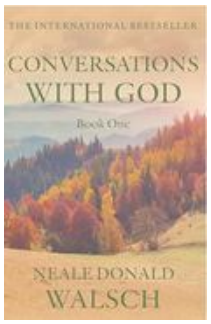
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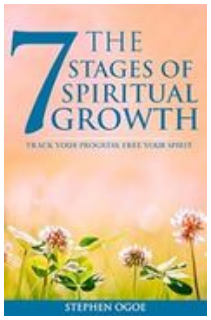
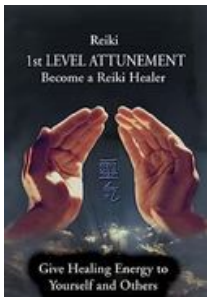
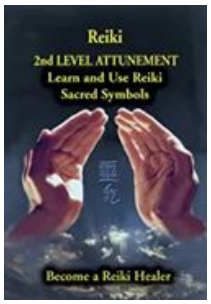
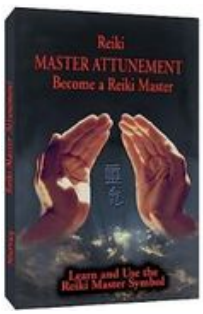
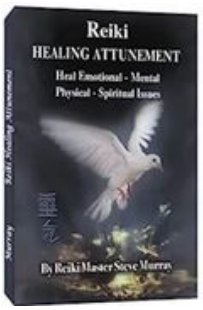


Recommended DVDs (These started Chris Comish's Reiki journey in 2006)









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- Solstice Transmission with Anrita Melchizedek
- Do Not Waste This Opportunity
- Meditation And The Inner Celebration of Christmas By Yogananda & The Self-Ralization Fellowship
- ✨NEW MOON ACTIVATION✨ Energy Detox & Supercharged Manifesting Power |Guided Meditation

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